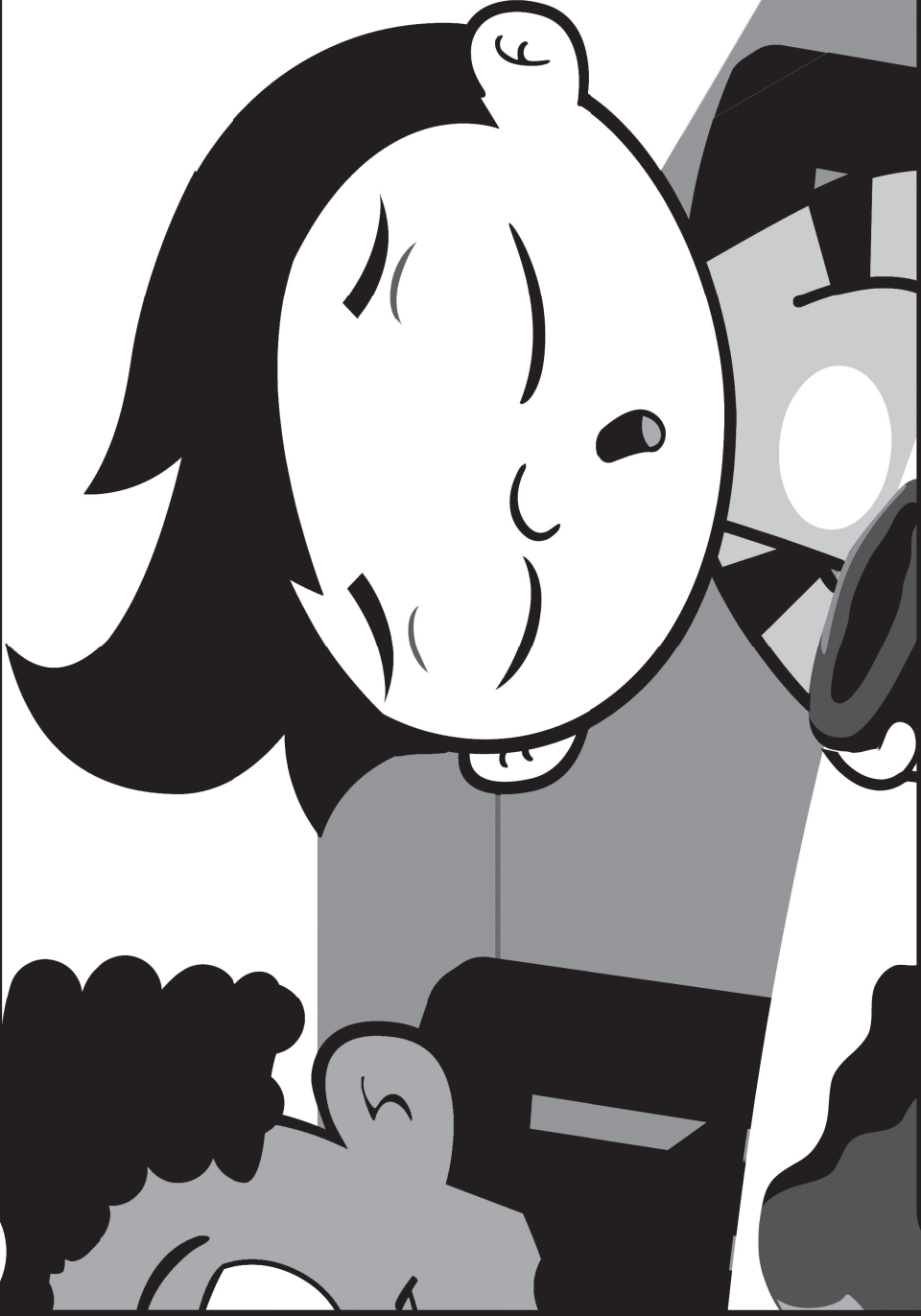




Take Deep Breaths to Stay Calm



- You can stay calm if you take deep breaths.
- Ask yourself, “Am I getting mad?”
- Take three deep breaths to stay calm.